

## LD Bell Coaches Recommendations

### OFFENSIVE FUNDAMENTALS

1. **DRIBBLING**—it is very important that you place equal emphasis on the ability to dribble with both hands. The ball should be dribbled on the fingertips not on the palm. The eyes must be looking ahead of the dribbler at what is happening down the court. The dribbler should dribble the ball low and the knees should be bent. Change of direction dribbles to be taught: (1) Crossover (2) Hesitation Crossover (3) Reverse Pivot (4) Between the legs (5) Behind the back

Drills: - V dribble in mass  
- Dribble lines-right hand down, left hand back  
- Dribble the court-dribble any pattern of lines that you want, the dribbler must make the ball hit the line. Do it right and left.

2. **PASSING**--all passes must be very crisp, not balloon passes. You must teach the passer to make a pass to a target, and to lead that target if it is moving. Passes to be taught:  
(1) Two hand chest—teach them that both thumbs go from up to down when they pass the ball. Also, keep elbows in.  
(2) Two hand overhead—same as a chest pass only over the head, have them keep their elbows bent and pointed at the target when they are getting ready to pass the ball.  
(3) Bounce pass—aim at a spot about 2/3 of way to their target, same motion as a chest pass  
(4) Push pass—use off dribble and off pivot or step through—ball goes from hip of passer directly to the target—hand must be behind ball in order to push the ball—teach right and left.

Drills: 2 person partner passing  
Shuffle passing  
Machine gun  
Star drill

3. **CATCHING**—the player should be taught to catch the ball with 2 hands and immediately put the ball into the triple threat position. If the player is moving when the pass is made to them then they must either catch the ball in stride and put it on the ground, or jump stop toward the ball in order to catch it. The player must also be able to get open—teach V cuts and L cuts. When the player is receiving the ball at the wing, corner, or point. Teach them to give the target with the outside hand and plant the outside foot and catch the ball.

Drills: V cut and L cut  
All passing drills

4. **SHOOTING**—this is the most critical skill to be taught, it is also one of the most difficult to teach and one of the most time consuming. You must be very meticulous and demanding. Make them shoot the ball the correct way.

#### **STEPS TO SHOOTING:**

1. Make sure their feet are staggered heel to arch, with the dominant foot forward.
2. The shooting hand should be placed in the center of the ball, with the fingers angled slightly outward. A good way to teach this is to put the ball on their knees while they are standing there. Tell them to find the air hole and to place the V of their thumb and 1<sup>st</sup> finger around this. At this point make sure they have the ball on the shooting pass, not the palm.
3. In order to make sure everything is in a straight line, the only movement from this position to the shooting position is that of bending the elbow. The dominant foot—example-right elbow-right big toe. A good way to emphasize this is to tell them to get their elbow under the ball. At this point you want to look for any

hyperextension, or bending back of the wrist. Do not let them hyperextend their wrist. They can have a few wrinkles in it, but the firmer they keep their wrist then the easier it will be to shoot.

4. From here they are ready to shoot a set shot, have them look over the top of the ball in order to find their target. The motion of the shot is a simple one, the main movement is that of straightening the elbow as it is lifted. When they release the ball, be sure that the last thing that touches the ball are the fingertips. In their follow through, the elbow should be locked out and the wrist should be flexed with the palm pointing toward the floor. Have them hold this follow through position until the ball reaches their target. Be sure to make sure that the ball is rotating backward. (Use the analogy...reach in the cookie jar that's on top of the refrigerator).

**BIG KEY FOR SMOOTHER RHYTHM**—Make sure that they go from the ready shoot position to the knee bend to shot in 1 motion.

Drills: Mass shooting with commands "Bring IT UP" "Shoot It"  
Shooting @ wall or to a partner on your knees or standing  
Shooting from block, center of lane, and block  
1 motion drill—set ball in shooting position and then go down and up in 1 motion to shoot the ball.

5. **LAYUPS**—be sure to place equal emphasis on *both* hands. Make sure the players dribble with the hand that they are going to shoot with. They will jump off the opposite foot that they shoot with. They must take an angle from the side of the court they are on that will bring them into the lane at the top of the box.

Drills: 3 step layup from the elbow without dribble  
3 step layup from elbow with dribble  
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Slowly back these drills up in increments of 1 dribble  
3 line continuous layups form spike line  
Full court partner layups

#### DRILLS THAT INCORPORATE MORE THEN 1 OFFENSIVE SKILL

3 man weave  
5 man weave  
3 man weave/ 2 on 1 back  
5 man weave/ 3 on 2 back  
11 man break

## DEFENSIVE FUNDAMENTALS

1. **ON AND OFF BALL STANCE**—the stance is the most important part of defensive.

**ON THE BALL**—feet wider than shoulders, knees bent, back straight, and eyes up. Your feet should be staggered to the way that you want the dribbler to go and your nose should be even with the back shoulder of the dribbler. You should also keep an arm's length cushion.

**OFF THE BALL**—feet should be staggered so that the foot closest to the passing lane is in front. The knees should stay bent and the hand that is closest to the passing lane is pointed to the ball. The eyes should be focused on the hand in the passing lane. Use the terms "SEE BALL, SEE GIRL" and "SEE BOTH".

2. **FOOTWORK**—the feet must be kept wide when moving. The weight must be on the balls of the feet. The first step that is taken must be with the foot that is closest to that direction. Use the terms "STEP, SLIDE" when teaching defensive slide. The step is first, it is taken in the direction of the movement, and the slide is the movement of getting back in balance with the back foot. The defenders feet should be staggered to the direction that she will be going. The footwork does not change for guarding on the ball or off the ball.

### DRILLS FOR TEACHING ON AND OFF BALL DEFENSIVE STANCE AND FOOTWORK

**FIRST STEP DRILL**—do in mass. Put players in a good on the ball stance. You will point one way or the other and the players will take on "STEP, SLIDE" in the direction that you pointed, be sure that they step with the correct foot. After they take the step slide they should still be in a good on the ball stance.

**BROOMSTICK DRILL**—this is an individual drill. Each player will need a basketball. Start the drill at the elbow of the baseline and the lane line. Put the player in a good on the ball stance. Place the ball between the heels of the player. The player will zig zag down the floor, using step slides, going from sideline to lane line. The player must keep the ball between their heels by rolling it along the ground with their hands. Be sure that they are bending at the knees and not completely at the waist. This drill make them keep their feet wide and quick.

**SLIDE RUN SLIDE & RUN SLIDE RUN**—these are individual drills. Start one line in the corner of the court. The players will step slide down the sideline to the 28' mark, sprint from the 28' to the other 28', and step slide to the baseline. When they reach the baseline they will sprint across to the other side and repeat the drill on the other side. For run slide run, simply reverse the order of the step slides and the sprints. In this drill, be sure the players stay low and take correct step slides. When they go step slides to sprint they should not raise straight up, they must keep their knees bent. Do these drills so they are step sliding to the right and the left.

**SHUFFLE PARALLEL**—this is a partner or individual drill—start the players at the elbow of the baseline and the lane line. The player will step slide at an angle that will take them to the free throw line extended at the sideline. When they reach this point, they must go parallel to the baseline all the way to midline. Be very insistent that they go parallel when they are taking a dribbler back to the middle of the floor. This helps cut down passing angles. When they reach the midline, they should try to turn the dribbler and force her back to the sideline. If they cannot turn her, they will force her back to the sideline. Make them take angles that will get them to the free throw line extended at the sideline. This drill also helps to teach the concept of forcing the ball to the sideline above our free throw line.

## OTHER DEFENSIVE CONCEPTS TO BE TAUGHT

OFF BALL POSITIONING—2 passes away—defender should be in the lane with their feet and hands are pointing at the ball and their man.

More than 2 passes away—defender should straddle midline or have both feet on the ball side of midline. Defender's hands are pointing at the ball and their man.

SEAL AND RECOVER—any time the ball is being dribble penetrated, the closest person must step down and toward the ball to seal off the penetration. The defender must try to get their body in front of the penetration. Do not seal with just hands. On penetration to the baseline from the wing, the defender who is on midline must step out of the lane to seal the baseline penetration.

CLOSEOUT TO THE BALL—the defender must be able to closeout on their player who has received the ball. They must do this in a position where they are able to stop the shot as well as dribble penetration. To do this they must move to the ball when it is in the air. They should sprint about 2/3 of the way to their player and then step slide the last 1/3 of the way. The defenders aiming point should be at the top shoulder of the girl that they are defending.

## DRILLS TO TEACH DEFENSIVE CONCEPTS

THREE ON THREE SHELL AND FOUR ON FOUR SHELL—good for teaching seal and recover, closeout, on the ball defense, and midline.

SEAL FROM WING DRILL—teaches seal and recover

SEAL FROM MIDLINE DRILL—teaches baseline rotation

FOUR OUT AND FIVE OUT—teaches all defensive concepts

ENTRY-BASELINE DENIAL—teaches proper cover out position and how to force to the baseline and cut the baseline off.

## Coordination & Conditioning Drills

Basketball is a sport of constant motion. If a player is not in the proper condition, they will find it difficult to keep up with other players, and their offense and especially defense will suffer. It is essential that your player be in good physical condition. *Conditioning should be part of every practice.*

### 1. Circle Basketball Around Waist

Players stand facing the coach while holding their basketball with both hands, waist high. On the coach's command, the player circles the basketball around their waist. After a few times, have the players stop and then circle the ball in opposite direction. This drill may seem very easy, but you will be surprised how difficult yet fun it is for small players.

### 2. Circle Basketball Around legs

This variation of the "Circle Basketball around Waist Drill" Once again, the players stand facing the coach. On the coach's command, the player circles the basketball in and out of their legs in a figure 8 pattern. Have the players stop and then circle the ball in the opposite direction.

### 3. Throw ball in air & catch

In this drill the players stand facing the coach, holding their basketball with both hands, waist high. On the coach's command the players throw the ball up in the air and then catch it. Have the players start throwing the ball up only a foot or two into the air. Once they master this, have the players increase the height of the throw.

### 4. Throw ball in air, clap & catch

This is a variation of the previous drill with some added complexity. Simply add a clap. The players are to throw the ball in the air, clap, and catch the ball. Have the players then increase the height they throw the ball AND have them increase the number of claps before the catch.

### 5. Dribble Tag

Designate a certain area. Each player has a ball. On coaches command the players start dribbling around. They must keep dribble alive. Designate a person to be "IT". They dribble around playing tag. If you get touched, you must freeze and stay on place. Coach can randomly designate "it" or you can just let the player that gets touched be "it".

### 6. Box Run Relay

For this drill, divide your team into equal teams. On the coach's command the first player from each team will shuffle down the baseline. Once they reach the corner of the court, the players will then back pedal to half court. At half court the players will then shuffle to the jump ball circle. Once they reach the jump ball circle, the players will sprint back to the starting line, tagging the next player who then continues the relay.

## **Dribbling Drills**

One of the most difficult things for young players to do is to control the ball. When dribbling a basketball, the most new players pound the ball too hard, causing the ball to go too far away from them; therefore, losing the ball to another player. The key to proper ball control is to have the player keep the ball at a close distance while running in the direction that they want to go.

### 7. Dribbling around cones

Line up 6-8 cones about 5 feet apart. Have the players weave through the cones executing the moves you want (cross over, between the legs, behind the back, in out, hesitate, double cross). You could also put 6-8 on each side and have the players' race.

### 8. Stationary ball handling

Players stay in one spot and execute the moves on coach's command (around legs, around waist, around neck, dribble around each leg, figure 8, spider, quick hands)

### 9. Zig Zag Dribbling

Put a cone at the elbow, half court, and top of key. Have players dribble to each cone and execute a move. At the last cone, have them execute a move. At the last cone, have them execute a move and score a layup.

## 10. Follow the Leader

Tell the leader what to do and the rest will follow him or her around the court. Coach changes the dribble to be executed.

## 11. Red, Yellow, Green, Purple Light

This game will help dribbling, coordination AND listening skills. Each player has their own ball and dribbles around the court maintaining the ball control and remembering to keep their heads up. The coach then calls out a command (“Red Light”, “Green Light”, “Yellow Light”, or “Purple Light”.) and the players should react accordingly.

Red Light: means stop. The players dribble the ball while standing in one place.

Green Light: means go. The players move quickly around the court while dribbling the ball; but in control.

Yellow Light: means slow down. The players move slowly with the ball.

Purple Light: means stop dribbling the ball, place the ball on the ground, then after the ball has stopped, the players run around the ball in a circle. All different variations can be used in this drill.

## **Passing Drills**

Good fundamental passing is becoming a lost art form of basketball. However, the team that can properly pass the ball and find the open man will be the team that puts themselves in a better position to score. You may find that the players do not want to work on passing drills. Many players feel they are boring and want to practice shooting. However, instill in your players that to get in the best position to shoot, they must learn to pass.

## 12. Partner Pass

Have the player’s pair up with a partner. The pairs should line up approximately 3-5 feet apart from each other (depending on skill level). Facing each other, the pair should pass the basketball to each other. Start with the chest pass then move onto the bounce pass. Emphasize good passing fundamentals.

## 13. Triangle Pass & Receive

Divide you team into groups of 3 players. Have each group form a triangle. Start by having your players pass the ball to each other in a clockwise rotation.

Then have the players switch directions and pass to each other in a counter-clockwise direction. Once again, emphasize proper passing.

## 14. Monkey in the Middle Drill

This game will help your players develop passing skills. Have your players form a circle. Place one player in the middle of the circle. The object of the game is for the players situated around the circle to pass the ball to each other (they can pass the ball to any other player in the circle). The object of the game for the person in the middle is to intercept a pass and take control of the ball. Once the payer in the middle steals the ball, choose a new player to go in the middle.

#### 15. Give & Go/ Pass to Coach Drill

This drill combines ball-handling, passing, receiving, and shooting skills. Line up your team one behind the other in a straight line facing the basket. At the coach's command, the player starts to dribble towards the basket. The player then passes the ball to coach. The player then runs around the coach towards the basket. The coach then passes the ball back to the player. The player receives the pass, dribbles towards the basket and then shoots. After your players become comfortable with this drill, have another player (instead of the coach) involved with the passing.

#### **Shooting Drills:**

The best way to become a better shooter is practice, practice, practice. That, of course is assuming that a player has learned the proper shooting fundamentals. All the practicing in the world will not matter, if a player's technique is wrong. Before having your players do shooting drill after shooting drill, make sure they know how to shoot the basketball. Since you will have players of all different skills, have the players do the drills below and watch for players that need help on the fundamentals, spend time correcting these players so that they do not develop any bad shooting habits.

#### 16. BEEF from shooting

The player gets to a bucket and get very close. Work simply on holding the ball and get balance, elbow, and eyes, follow through. Make the swish 3-5 buckets.

#### 17. Dribble Down and Shoot Drill (Jump Shot)

For this drill, divide your team into 2 groups. Each group lines up in a straight line at half court and the first person in each group has a ball. At the coach's command, the first person in each group dribbles down court towards the basket, stops at the cone, and shoots a jump shot. After making the shot (or after 2 attempts at making a shot) the players rebound their basketball and dribble back to half court, passing the ball to the next person in line. The next player in line repeats the drill, until all have had a turn.

#### 18. Three man shooting

For this drill, you'll need 3 players and 2 balls. Coach picks the spot to shoot from. One player is a shooter, one player is a passer, and one player is a rebounder. Have the shooter go for a designated amount of time while the other players get the rebound and pass to the shooter. Give them a set amount you would like them to make.

#### 19. Strong hand lay ups

Have player stand right by the bucket. Give them a designated time and they are to shoot with strong hand over and over for the designated time.

#### 20. Weak hand lay ups

Same as above but with weak hand.

#### 21. Mikan Drill

The goal is to shoot on right side and then left side. As they advance they will get layup footwork down.

#### 22. Side to Side Jumpers

The players shoots block to block with no back board. Shoot on right side, get rebound shoot on left block. Back and forth for allotted time.

#### 23. Side to side bank shots

The players do the same as above but must use the backboard.

#### 24. Dribble lay ups

Players start at free throw line. On command, dribble and shoot a layup. Get rebound and dribble back to the free throw line turn and dribble for another layup. Cones can also be used.

#### 25. Spin outs

Have the players spin the ball, go get it and execute a proper move (shot fake, jab step.)

#### 26. Low Power Post moves

Put ball on each block. Have the player stand in the middle of the lane. On coaches command, the player steps and grabs a ball, then executes a proper move (score, up and under, hook shot, etc.). The player then steps to the other block and picks up the ball and executes the move. You must have rebounders to put the balls back on the block. (Groups of 3 or more)

### **Defense Drills**

Defense is an extremely important aspect of basketball. It has been said that defense wins games and for the most part, the statement is true. Just think about it, by playing good, aggressive defense you will limit the scoring chances about it, by playing good, aggressive defense you will limit the scoring chance for the other team, thereby increasing your opportunities to score. For young players, teaching them to play defense is one of the easiest tasks you will face. Good defense can be played by any player, no matter the ages of athletic skill the player.

#### 27. Mass defensive drills

Put the players in mass lines. Coach has them execute the defensive techniques on command. (Slides, closeouts, charges, back pedals)

#### 28. 1-1 full court or half court

Emphasize keeping the ball in front of you and staying in a defensive stance.

#### 29. Close outs

Have the players' line up in five lines on the baselines. The first player in each line steps out to the free throw line extended. The players on the baseline are to pass the ball out and then sprint 2 steps, break down and close out, and yell shot with the hands high. Emphasize, sprinting hard for two steps, then breaking down and chopping feet.

### 30. 4-4 Shell

Have the offense line up around the perimeter in 4 spots. The defense has to be in one of positions. 1. Ball, 2. Deny, 3. Help. Have the players pass the ball on coaches command and the defense must sprint and rotate to the correct spots.

### Rebounding Drills

With effective offensive rebounding you at least double the number of opportunities you have to score (the original shot plus the shot you will get after the rebound). With defensive rebounding, you drastically reduce the other team's opportunities to score. This being said, you can see why it's important that your team develop good rebounding skills. This is a huge part of girl's basketball!

### 31. 2-2 Elbow box out

Place the players on each elbow in lines. The first player in line is defense, the next is offense. Coach tosses ball to rim. The player must box out and go get the rebound. If offense gets it, they play 2-2. Offense rotate to defense.

### OTHER DRILLS

The game of basketball must incorporate other skills, like cutting and setting screens. The players must learn to pass and cut, pass and screen, and pick and roll.

**“As coaches, we teach in practice and lead in games.”**

### The goals of practice (as a coach):

1. Get the players to concentrate
2. Get players to play hard
3. Get the players to have fun
4. Get the players to communicate (talk)
5. Have discipline with all drills, correct your players

### Basic fundamentals need to be 75% of practice time

We are talking about:

1. Form shooting
2. Dribbling
3. Layups
4. Passing
5. Rebounding
6. Shell Drill
7. Protection Techniques
8. Offensive Techniques

### Teach basketball terminology:

Defensive- midline, help side, deny, seal and recover, get through pick, smash the flash

Offensive- Short corner, mid and low post, block, elbow, pivot, fast break, transitions, passing lanes (fill the lanes), triple threat, zones, outlet, pass, and positions 1-5.

Drills- one on one, wing denial, two on two seal, smash the flash, jumping to the ball.

## Defensive Techniques and Rules

1. See the ball and your man at all times.
2. Positioning: butt to basket, stay between your man and the basket.
3. Keep your girl out of the middle, force baseline but do not give up the baseline.
4. Force your opponent to their non-dominant hand.
5. Do not let your girl cross your face (smash the flash).
6. One pass away, defender must split the middle.
7. Two passes away, defender needs to be in the lane (help side).
8. **Jump** to the ball on every pass.
9. Defending the screen: (DON'T SWITCH)
  - a. Fight over screen (if it is a good outside shooter)
  - b. Fight under the screen and meet her where she is going
10. Defending the post:
  - a. Straddle feet and go number to number.
  - b. Deny ball do not play behind and just let her catch.
  - c. Rotate in front of player to help deny baseline.

## Offensive Techniques and Rules

1. Teach Triple Threat: catch and always face basket... first choice pass, shoot, and last choice is to dribble after 3 second count.
2. Dribble with a purpose! (to go the hole or get out of trouble)
3. Teach jab fakes and head fakes
4. Post moves:
  - a. Drop step to basket
  - b. Drop step to middle
  - c. Up and under